

INTERHOUSE YOGA COMPETITION

Yoga is not just a repetition of few postures, it is more about the exploration and discovery of subtle energies of life. With the guidance of our Yoga instructor Mr. Pranav Seth and a focus on the importance of a robust body and an active lifestyle, ISWK Primary School graciously hosted an Inter House Yoga Competition on Wednesday 10th October 2018 for classes III, IV and V

A team of 10 students of each class from all 4 houses – Akbar, Ashoka, Tagore and Vivekananda put their best foot forward to display their potential for yoga, reminding us of the importance of yoga in our daily life. It was a great delight to see the participants perform various ASANAS such as **SURYANAMASKAR, CHAKRASANA, BHUJANGASANA, DHANURASANA, USTRASANA, VRIKSHASANA AND PASCHIMOTANASANA.**

The event was judged by three esteemed judges

- (I) Mrs. Shobha Naik -Co-founder of Asana Yoga Studio accompanied by Mr. Mahesh Naik.
- (II) Mrs. Anuradha Jeyakumar – A yoga professional
- (III) Mrs Ranjana Joshi –A cancer survivor, who now spreads awareness about health through yoga.

The judges appreciated the hard work of the students and made an appeal to incorporate yoga in our day- to- day lives.

Encouragement given by our Vice- Principal , Mrs. Shashikala Prabhat and our Primary Supervisor, Mrs. Seema Pereira filled our participants with more zeal for yoga.

RESULTS

Class 3

1. Tagore House
2. Ashoka House
3. Akbar House

Class 4

4. Akbar House
5. Vivekananda House
6. Tagore House

Class 5

1. Akbar House
2. Vivekananda House
3. Ashoka House

TROPHIES

Winner - AKBAR HOUSE

Runner-up - TAGORE HOUSE

The confidence, grace and perfection with which the postures were presented, was commendable. Kudos to Mr. Pranav and the students !

